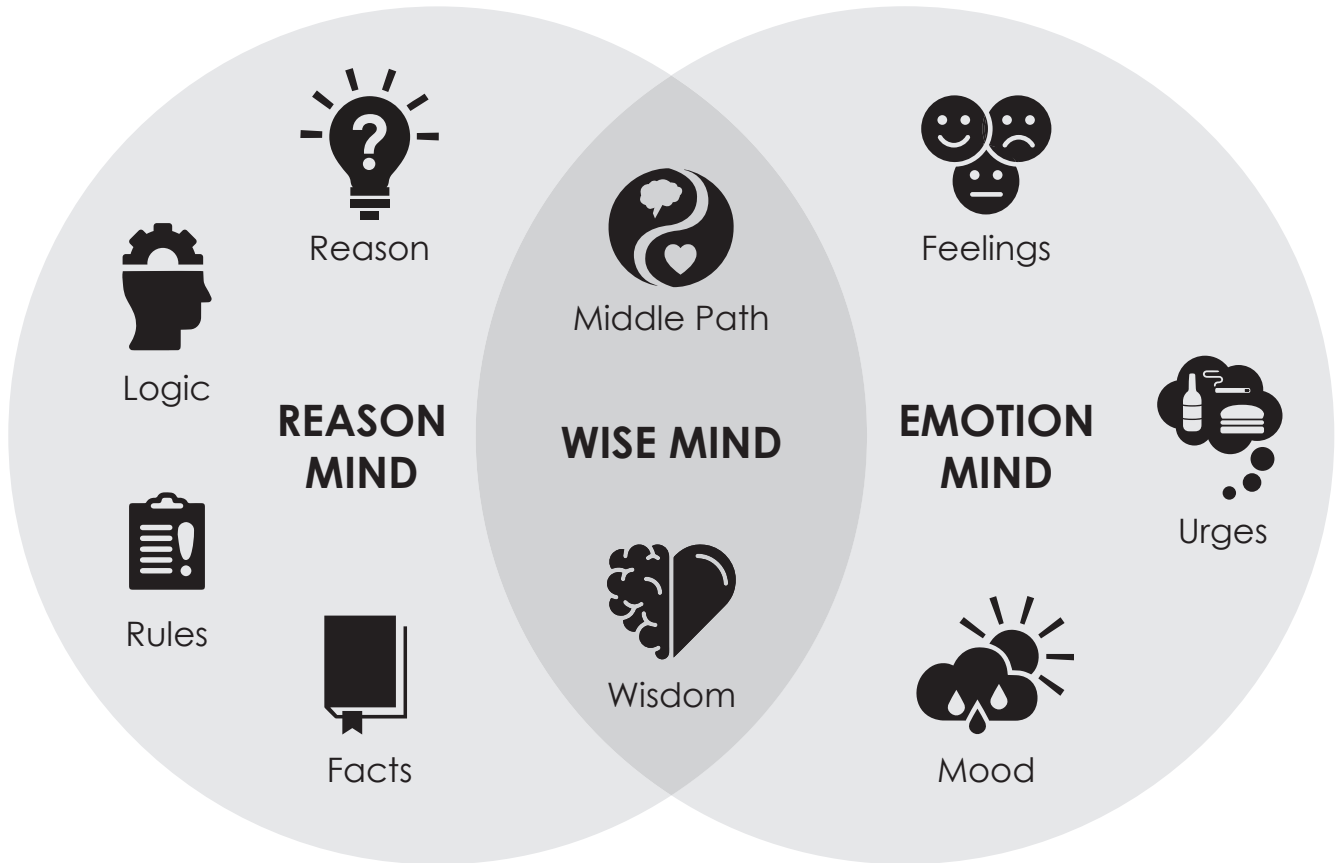


Mindfulness and States of Mind

Dialectical Behavioral Therapy (DBT) recognizes three states of mind: Emotion Mind • Reason Mind • Wise Mind. We all possess each of these states of mind; you may notice that you gravitate towards one of these states most of the time (I often find myself in Reason Mind). This is normal, but with practice we can begin to spend more time in Wise Mind.

The Wise Mind



When in **Reason Mind** you don't take into account how your actions make others feel. You may not even take into account how your actions make YOU feel. This state of mind allows logic, facts and reason to control your thoughts and behavior.

When in **Wise Mind** you are able to make rational decisions while honoring your feelings. This state of mind is a balance between Emotion Mind and Reason Mind.

When in **Emotion Mind**, feelings tend to control your thoughts and behaviors. It's difficult to think of the consequences of your behavior when in Emotion Mind.

